

POOL YOUR RESOURCES

BLITZ YOUR SWIMMING AND MAKE LONG-TERM IMPROVEMENTS WITH THESE FOUR-WEEK TRAINING PLANS. YOU'LL NEED TO INVEST IN SOME SWIM TOYS, SUCH AS FINS, PADDLES, A PULL-BUOY AND A KICK BOARD

TRAINING PLAN 1

1.5km - 3km per session

	DAY	SESSION FOCUS	SESSION DETAIL	SUPPLEMENTAL TRAINING
Week 1	Mon	Easy	Easy effort; 6 x 100m as swim/kick/pull/drill/IM/swim + 15secs rest	Stretch cord training
	Tue	Endurance	Steady effort; 4 x 500m alternate swim/pull + 20secs rest	Stretching
	Wed	Easy	Easy effort; 4 x 100m building speed every 100m; repeat + 20secs rest	Stretch cord training
	Thur	Strength	Hard effort; 24 x 50m every 4th 50m , swim as far as you can fly + 20secs rest	Stretching
	Fri	Strength	Easy effort; 1500m choice	Stretch cord training
	Sat	Strength	Max effort; 3 x [2 x 100m + 30secs rest, 2 x 50m + 20secs rest, 2 x 25m + 10secs rest]	Stretching
	Sun	Rest day		
Week 2	Mon	Easy	Easy effort; 5 x 200m swim/kick/IM/pull/swim + 15secs rest	Stretch cord training
	Tue	Endurance	Steady effort; 800m, 600m, 400m, 200m, 100m building pace throughout + 15secs rest	Stretching
	Wed	Easy	Easy effort; 6 x 200m alternate swim/pull + 10secs rest	Stretch cord training
	Thur	Strength	Hard effort; 4 x 300m pull with paddles, 6 x 100m swim + 15secs rest	Stretching
	Fri	Easy	Easy effort; 1500m choice	Stretch cord training
	Sat	Speed	Max effort; 3 x [25m / 50m / 75m / 100m / 75m / 50m / 25m] + 20secs rest	Stretching
	Sun	Rest day		
Week 3	Mon	Easy	Easy effort; 30 x 50m + 10secs rest. Choice of toys (e.g. fins, hand paddles)	Stretch cord training
	Tue	Endurance	Steady effort; 5 x 200m swim, 6 x 200m pull, 5 x 200m fins + 15secs rest	Stretching
	Wed	Easy	Easy effort; 8 x 200m as 5 strokes fly then swim. + 20secs rest	Stretch cord training
	Thur	Strength	Hard effort; 16 x 25m every 4th fly, 12 x 25m every 3rd fly, 8 x 25m every 2nd fly, 4 x 25m every one fly + 15secs rest	Stretching
	Fri	Easy	Easy effort; 1500m choice	Stretch cord training
	Sat	Speed	Max effort; 3 x [6 x 50m + 15secs rest, 4 x 50m + 10secs rest, 2 x 50m + 5secs rest]	Stretching
	Sun	Rest day		
Week 4	Mon	Easy	Easy effort; 7 x 200m as swim/kick/swim/pull/swim/kick/swim + 15secs rest	Stretch cord training
	Tue	Endurance	Steady effort; 20 x 100m + 10secs rest	Stretching
	Wed	Easy	Easy effort; 14 x 100m choice of pull / paddles / fins + 10secs	Stretch cord training
	Thur	Strength	Hard effort; 4 x 200m IM + 30secs rest, 5 x 100m IM + 15secs rest	Stretching
	Fri	Easy	Easy effort; 1500m choice	Stretch cord training
	Sat	Speed	Max effort; 2 x [200m + 60secs rest, 4 x 100m + 60secs rest, 4 x 50m + 60secs rest]	Stretching
	Sun	Rest day		

Key Fly = Butterfly IM = Individual Medley (Fly, Back, Breast, Crawl) Pull = Pull buoy Kick = Kick board or just kicking

SOMETIMES YOU'VE got to really focus on something in order to improve at it, and that's certainly the case with swimming. But once you've mastered it, there's no looking back and your improved technique will stay with you for a long time. So let the bike and running shoes take a back seat and dedicate a month to improving your stroke with these two training plans. **Training Plan 1** consists of shorter workouts (1.5 to 3km), so choose this one if you race

sprint distance, or you have limited time. **Training Plan 2** involves longer sessions, between one and two hours, and will make the biggest difference to your swimming. All the sessions below should begin and end with a warm-up or warm-down of at least 400 metres. You can do whatever you like in the warm-up and warm-down as long as it is low intensity. For example, try 4 x 100m with 20 seconds rest alternating between swimming 100m and kicking 100m with a float. Try giving back and breaststroke a go too.

Meet the expert

Doug Hall

Doug coaches novices and top-level age-groupers. He's an elite athlete and studied sport at the University of Bath



TRAINING PLAN 2 2.5km - 4km per session

	DAY	SESSION FOCUS	SESSION DETAIL	SUPPLEMENTAL TRAINING
Week 1	Mon	Easy	Easy effort; 6 x 200m as swim/kick/pull/drill/IM/swim + 15secs rest	Stretch cord training
	Tue	Endurance	Steady effort; 6 x 500m alternate swim/pull + 20secs rest	Stretching
	Wed	Easy	Easy effort; 4 x 100m building speed every 100m; repeat + 20 secs rest	Stretch cord training
	Thur	Strength	Hard effort; 40 x 50m every 4th 50m, swim as far as you can fly + 20secs rest	Stretching
	Fri	Easy	Easy effort; 2,000m choice	Stretch cord training
	Sat	Speed	Max effort; 3 x [4 x 100m + 30secs rest, 4 x 50m + 20secs rest, 4 x 25m + 10secs rest]	Stretching
	Sun	Rest day		
Week 2	Mon	Easy	Easy effort; 5 x 300m swim/kick/IM/pull/swim + 15secs rest	Stretch cord training
	Tue	Endurance	Steady effort; 1,000m, 800m, 600m, 400m, 200m building pace throughout + 15secs rest	Stretching
	Wed	Easy	Easy effort; 10 x 200m alternate swim/pull + 10secs rest	Stretch cord training
	Thur	Strength	Hard effort; 4 x 400m pull with paddles, 4 x 200m swim + 15secs rest	Stretching
	Fri	Easy	Easy effort; 2,000m choice	Stretch cord training
	Sat	Speed	Max effort; 4 x [25m / 50m / 75m / 100m / 75m / 50m / 25m] + 20secs rest	Stretching
	Sun	Rest day		
Week 3	Mon	Easy	Easy effort; 50 x 50m + 10secs rest. Choice of toys (hand paddles, fins etc)	Stretch cord training
	Tue	Endurance	Steady effort; 5 x 200m swim, 6 x 200m pull, 5 x 200m fins + 15secs rest	Stretching
	Wed	Easy	Easy effort; 12 x 200m as 5 strokes fly then swim. + 20secs rest	Stretch cord training
	Thur	Strength	Hard effort; 16 x 25m every 4th fly, 12 x 25m every 3rd fly, 8 x 25m every 2nd fly, 4 x 25m all fly + 15secs rest	Stretching
	Fri	Easy	Easy effort; 2,000m choice	Stretch cord training
	Sat	Speed	Max effort; 2 x [10 x 50m + 15secs rest, 8 x 50m + 10secs rest, 6 x 50m + 5secs rest]	Stretching
	Sun	Rest day		
Week 4	Mon	Easy	Easy effort; 7 x 300m as swim/kick/swim/pull/swim/kick/swim + 15secs rest	Stretch cord training
	Tue	Endurance	Steady effort; 30 x 100m + 10secs rest	Stretching
	Wed	Easy	Easy effort; 18 x 100m choice of pull / paddles / fins + 10secs	Stretch cord training
	Thur	Strength	Hard effort; 5 x 200m IM + 30secs rest, 10 x 100m IM + 15secs rest.	Stretching
	Fri	Easy	Easy effort; 2,000m choice	Stretch cord training
	Sat	Speed	Max effort; 3 x [200m + 60secs rest, 4 x 100m + 60secs rest, 4 x 50m + 60secs rest]	Stretching
	Sun	Rest day		

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